WHAT IS CLAIMED IS:

1. An integrated security and communications system comprising:

a security controller having at least one sensory input, at least one alarm output and at least one control signal input/output port;

a control interface operatively connected to said at least one control signal input/output port; and

a communications unit connected to a communication channel for providing at least one communication function, a first communication port for connection to one of said at least one control signal input/output port of said security controller for providing at least one of said at least one communication function to a user at said control interface, and a second communication port for connection to a communication device at which said at least one communication function is provided to said user.

2. The system of claim 1 wherein:

said communication channel comprises a telephone line; and

said communication device comprises a telephone.

3. The system of claim 2 wherein said at least one communication function comprises telephony.

4. The system of claim 1 wherein:

said communication channel comprises an Internet connection;

said communication device comprises a computer; and

said at least one communication function comprises Internet access.

5. The system of claim 1 wherein said communication unit provides at least one function of said control interface at said communication device.

6. A security system for monitoring user premises, said system comprising:

at least one sensor;

at least one alarm output device;

at least one user control interface;

a system controller connected to said sensor, said output device and said user control interface, said at least one user control interface being used by a user to enter commands affecting a state of said system, said system, when said state indicates that said system is active, monitoring said at least one sensor and outputting an alarm on said alarm output device when said at least one sensor indicates that an alarm condition exists; and

a telephone interface unit connected to said controller and a telephone line for providing voice mail functionality including one or more of message retrieval, message waiting indication, and message header indication; wherein:

said voice mail functionality is accessible at at least one of said at least one user control interface;

access to said voice mail functionality is restricted based on said state of said system, said voice mail functionality being accessible when said state is consistent with presence of an authorized user on said premises;

said system further having a plurality of authorized users, and having an authorization unit

at said at least one user control interface for uniquely identifying each of at least one of said authorized users, wherein:

a particular one of said at least one authorized user initiates said state consistent with presence of an authorized user by activating said authorization unit using an indicium unique to said particular authorized user; and

said telephone interface unit presents for access, at said user control interface, only voice mail functions for which said particular authorized user is authorized.

7. The security system of claim 6 wherein:

said authorization unit comprises a keypad at said user control interface;

said indicium comprises a respective passcode unique to each said at least one authorized user; and

said activating of said authorization unit comprises entering said passcode on said keypad.

8. The security system of claim 6 wherein:

said authorization unit comprises a receiver at said user control interface;

said indicium comprises a respective transmitter uniquely coded to each said at least one authorized user; and

said activating of said authorization unit comprises actuating said transmitter within communication range of said receiver.

9. The security system of claim 8 wherein said receiver and said coded transmitter are wireless.

10. The security system of claim 6 wherein:

said authorization unit comprises a token reader at said user control interface;

said indicium comprises a respective coded token unique to each said at least one authorized user; and

said activating of said authorization unit comprises presenting said token to said token reader.

11. The security system of claim 6 wherein said voice mail functionality is activated automatically upon entry of said system into said state consistent with presence of an authorized user on said premises.

12. The security system of claim 6 wherein said telephone interface unit further comprises a remote access unit through which a user remotely controls, during a single telephone call session to said system from a remote location, both (a) at least one security system control function, and (b) at least one voice mail function.

13. The security system of claim 6 further comprising at least one telephone set connected to said telephone line; wherein:

said voice mail functionality comprises playback of an outgoing message to an incoming caller;

said telephone interface unit further provides a call screening function at at least one of (a) said at least one telephone set, and (b) said at least one user control interface, said user control interface including a speaker; and

said call screening function is full-duplex, allowing said incoming caller to speak an

announcement that is audible at said speaker during said playback of said outgoing message.

14. The security system of claim 6 further comprising at least one telephone set connected to said telephone line; wherein:

said telephone interface unit further provides an aural indication at said at least one telephone set when a voice mail message has been received and is awaiting playback.

15. The security system of claim 6 further comprising at least one telephone set connected to said telephone line, said least one telephone set having a ringer; wherein:

said user control interface includes a speaker; and

said telephone interface unit further provides:

a privacy function whereby said ringer can be deactivated under control of a user, and

as part of said privacy function, a privacy breakthrough function whereby a caller issues a command when said privacy function is active for broadcasting a message on said speaker.

16. The security system of claim 6 wherein said voice mail functionality includes a toll saver feature controlled by said state of said system.

17. The security system of claim 16 wherein said toll saver feature is active only when said state of said system indicates absence of authorized users from said premises.

18. The security system of claim 17 wherein said toll saver feature can further be controlled by a user at said user control interface.

19. The security system of claim 18 further comprising at least one telephone set connected to said telephone line; wherein:

said toll saver feature can be controlled by a user at at least one of said at least one telephone set.

20. The security system of claim 6 wherein said telephone interface unit further comprises:

a calling party identification unit for displaying calling party identification data, said calling party identification data being displayed at said user control interface; and

a distinctive ringing generator responsive to said calling party identification data for generating a distinctive ringing signal different from a standard incoming ringing signal based on said calling party identification data.

21. The security system of claim 20 wherein said distinctive ringing generator generates a first number of distinctive ringing signals, each distinctive ringing signal in said first number of distinctive ringing signals identifying at least one preselected calling party from a second number of preselected calling parties.

22. The security system of claim 21 wherein said first number is equal to said second number, whereby each distinctive ringing signal is associated with a unique preselected calling party.

23. The security system of claim 21 wherein said first number is less than said second number, whereby each distinctive ringing signal is associated with a plurality of said preselected calling parties.

24. The security system of claim 21 wherein said distinctive ringing generator comprises a ringing signal interrupter for interrupting said standard incoming ringing signal in a second number of ways equal to said second number of distinctive ringing signals, to produce said second number of distinctive ringing signals.

25. The security system of claim 20 wherein said distinctive ringing generator comprises a ringing signal interrupter for interrupting said standard incoming ringing signal to produce said distinctive ringing signal.

26. The security system of claim 6 wherein said telephone interface unit further comprises:

a calling party identification unit for displaying calling party identification data, said calling party identification data being displayed at said user control interface;

memory for storing instructions for paging a user when said calling party identification data identifies one of at least one particular calling party; and

a processor for acting on said instructions and placing a call to a user's pager when said calling party identification data identify one of said at least one particular calling party.

27. The security system of claim 6 further comprising at least one telephone set connected to said

telephone line through said telephone interface unit; wherein:

at least one of said at least one user control interface comprises a speaker;

said telephone interface unit further comprises a public address function; whereby, when a user issues a command at said telephone set:

said telephone set is disconnected from said telephone line and connected to said speaker of said at least one of said at least one user control interface.

28. The security system of claim 27 wherein said telephone set is connected to said speaker of each said at least one of said at least one user control interface.

29. The security system of claim 27 wherein, on command of said user, said telephone set is connected to said speaker of any one or more of said at least one of said at least one user control interface.

30. The security system of claim 27 wherein, when said user issues said command at said telephone set, said telephone interface unit maintains said telephone line in an off-hook condition while said public address function is in use.

31. The security system of claim 6 further comprising at least one telephone set connected to said telephone line through said telephone interface unit; wherein:

at least one of said at least one user control interface comprises a microphone;

said telephone interface unit further comprises a room monitor function; whereby, when a user issues a command at said telephone set:

said telephone set is disconnected from said telephone line and connected to said microphone of said at least one of said at least one user control interface.

32. The security system of claim 6 further comprising at least one telephone set connected to said telephone line through said telephone interface unit; wherein:

at least one programmable parameter of said security system is programmable:

(a) at said at least one user control interface;

(b) at said connected telephone set; and

(c) remotely by calling into said system on said telephone line.

33. The security system of claim 32 wherein:

there are a plurality of said programmable parameters; and

only a subset of said plurality of programmable parameters is programmable remotely.

34. The security system of claim 6 further comprising at least one user-controlled processor connected via a modem to said telephone line through said telephone interface unit; wherein:

at least one programmable parameter of said security system is programmable;

said telephone interface unit includes a control signal detector for detecting control signals sent from said user-controlled processor through said modem; whereby:

responsive to said control signals from said user-controlled processor, said telephone interface unit disconnects from said telephone line and enters a user-controlled mode.

35. The security system of claim 34 wherein in said user-controlled mode said user-controlled processor performs any one of:

programming said at least one programmable parameter of said security system;

downloading voice mail messages received as part of said voice mail functionality from said telephone interface unit to said user-controlled processor; and

uploading voice prompts composed at said user-controlled processor to said telephone interface unit.

36. The security system of claim 34 wherein said user-controlled processor comprises a personal computer.

37. The security system of claim 6 wherein:

said telephone line has central office voice mail associated therewith; and

said voice mail functionality comprises indicating a central office voice message waiting.

38. The security system of claim 37 wherein said indicating central office message waiting comprises providing an indication at said user control interface.

39. The security system of claim 38 wherein said indication at said user control interface is visual.

40. The security system of claim 38 wherein said indication at said user control interface is aural.

41. The security system of claim 37 further comprising at least one telephone set connected to said telephone line; wherein:

said indicating central office message waiting comprises providing an indication at said telephone set.

42. The security system of claim 41 wherein said indication at said telephone set is aural.

43. The security system of claim 41 wherein:

said telephone set includes a visual indicator; and

said indication at said telephone set is visual.

44. The security system of claim 6 wherein said telephone interface unit further comprises a remote access unit through which a user controls at least one security system control function via said telephone line.

45. The security system of claim 44 wherein said user, through said remote access unit, controls said at least one security system function from a telephone at a remote location by calling into said telephone line from said remote location.

46. The security system of claim 44 further comprising at least one telephone set connected to said telephone line; wherein:

said user, through said telephone interface unit, controls said at least one security system function from said telephone set.

47. The security system of claim 6 further comprising at least one telephone set connected to said telephone line; wherein:

said telephone interface unit monitors said telephone line and, when an outgoing telephone call is placed on said at least one telephone set, logs said outgoing telephone call.

48. The security system of claim 47 wherein:

said telephone interface unit comprises memory for storing data identifying numbers to which outgoing calls are restricted; and

when an outgoing call is placed on said telephone set to one of said numbers to which outgoing calls are restricted, said telephone interface unit prevents said outgoing call from being completed.

49. The security system of claim 48 wherein:

said memory further stores at least one user code; and

when said user code is entered during said outgoing call, said telephone interface unit allows said outgoing call to be completed to one of said numbers to which outgoing calls are restricted.

50. The security system of claim 6 wherein said user control interface is connected to an external data network for at least one of (a) sending, and (b) receiving, data.

51. The security system of claim 50 wherein:

said data comprise electronic mail; and

access to said electronic mail is restricted based on said state of said system.

52. The security system of claim 51 wherein said electronic mail is accessible when said state is consistent with presence of an authorized user on said premises.

53. The security system of claim 52 having a plurality of authorized users, wherein:

when a particular authorized user initiates said state consistent with presence of an authorized user by activating said authorization unit, said user control interface presents, for access at said user control interface, only electronic mail addressed to said particular authorized user.

54. The security system of claim 53 wherein:

said authorization unit comprises a keypad at said user control interface;

said indicium comprises a passcode unique to said particular authorized user; and

said activation of said authorization unit comprises entry of said passcode at said keypad.

55. The security system of claim 53 wherein:

said authorization unit comprises a receiver;

said indicium comprises a transmitter coded uniquely to said particular authorized user; and

said activation of said authorization unit comprises activation of said coded transmitter in communication range of said receiver.

56. The security system of claim 55 wherein said receiver and said coded transmitter are wireless.

57. The security system of claim 53 wherein:

said authorization unit comprises a token reader;

said indicium comprises a token coded uniquely to said particular authorized user; and

said activation of said authorization unit comprises presentation of said coded token to said reader.

58. The security system of claim 52 having a plurality of authorized users, wherein:

when a particular authorized user initiates said state consistent with presence of an authorized user by activating said authorization unit using an indicium unique to said particular authorized user, said user control interface presents access, at said user control interface, to electronic mail message sending from said particular authorized user.

59. The security system of claim 58 wherein:

said authorization unit comprises a keypad at said user control interface;

said indicium comprises a passcode unique to said particular authorized user; and

said presentation of said indicium comprises entry of said passcode at said keypad.

60. The security system of claim 58 wherein:

said authorization unit comprises a receiver;

said indicium comprises a transmitter coded uniquely to said particular authorized user; and

said activation of said authorization unit comprises activation of said coded transmitter in communication range of said receiver.

61. The security system of claim 60 wherein said receiver and said coded transmitter are wireless.

62. The security system of claim 58 wherein:

said authorization unit comprises a token reader;

said indicium comprises a token coded uniquely to said particular authorized user; and

said activation of said authorization unit comprises presentation of said coded token to said reader.

63. The security system of claim 50 wherein:

said data comprise electronic mail;

said system has at least one authorized user; and

when one of said at least one authorized user enters a security system command at said user control interface by activating said authorization unit, said user control interface sends an electronic mail message to a predetermined recipient advising of said entry of said command by said one of said at least one authorized user.

64. The security system of claim 63 wherein:

said authorization unit comprises a keypad at said user control interface;

said indicium comprises a passcode unique to said one of said at least one authorized user; and

said activation of said authorization unit comprises entry of said passcode at said keypad.

65. The security system of claim 63 wherein:

said authorization unit comprises a receiver;

said indicium comprises a transmitter coded uniquely to said one of said at least one authorized user; and

said activation of said authorization unit comprises activation of said coded transmitter in communication range of said receiver.

66. The security system of claim 65 wherein said receiver and said coded transmitter are wireless.

67. The security system of claim 63 wherein:

said authorization unit comprises a token reader;

said indicium comprises a token coded uniquely to said one of said at least one authorized user; and

said activation of said authorization unit comprises presentation of said coded token to said reader.

68. The security system of claim 50 wherein:

said external data network is the Internet;

said data comprise World Wide Web pages;

said system has at least one authorized user; and

when one of said at least one authorized user enters a security system command at said user control interface by activating said authorization unit, said system retrieves a World Wide Web page directed to said one of said at least one authorized user and displays said World Wide Web page at said user control interface.

69. The security system of claim 68 wherein:

said authorization unit comprises a keypad;

said indicium comprises a passcode unique to said one of said at least one authorized user; and

said activation of said authorization unit comprises entry of said passcode at said keypad.

70. The security system of claim 68 wherein:

said authorization unit comprises a receiver;

said indicium comprises a transmitter coded uniquely to said one of said at least one authorized user; and

said activation of said authorization unit comprises activation of said coded transmitter in communication range of said receiver.

71. The security system of claim 70 wherein said receiver and said coded transmitter are wireless.

72. The security system of claim 70 wherein:

said transmitter is encoded with multiple codes;

said activation of said authorization unit comprises activation of a selected one of said multiple codes by said one of said at least one authorized user; and

said system retrieves a different World Wide Web page based on which of said multiple codes has been selected.

73. The security system of claim 68 wherein:

said authorization unit comprises a token reader;

said indicium comprises a token coded uniquely to said one of said at least one authorized user; and

said activation of said authorization unit comprises presentation of said coded token to said reader.

74. The security system of claim 50 wherein:

said system has at least one authorized user;

one of said at least one authorized user enters a security system command at said user control interface by activating said authorization unit;

said external data network is the Internet; and

said activation of said authorization unit logs said one of said at least one authorized user onto the Internet at said user control interface.

75. The security system of claim 50 wherein:

said system has at least one authorized user;

one of said at least one authorized user enters a security system command at said user control interface by activating said authorization unit using an indicium unique to said one of said at least one authorized user;

said one of said at least one user uses said external data network to access a financial institution to perform a financial transaction;

said indicium is registered with said financial institution as an identifier of said one of said at least one authorized user; and

said indicium is sent to said financial institution as part of said financial transaction.

76. The security system of claim 50 wherein functions of said system are remotely accessible via said external data network.

77. The security system of claim 50 wherein:

said system transmits security data signals to a central communication station via said external data network and said alternate channel and awaits acknowledgment thereof; and

when said acknowledgment arrives from a first one of said external data network and said alternate channel, said system terminates transmission of said security data on a second one of said external data network and said alternate channel.

78. The security system of claim 77 wherein:

one of said external data network and said alternate channel normally operates faster than another of said external data network and said alternate channel; and

said system begins transmission of said security data signals on said one of said external data network and said alternate channel before beginning transmission of said security data signals on said another of said external data network and said alternate channel.

79. The security system of claim 77 further comprising a firewall between said user control interface and said external data network; wherein:

said firewall allows only communication originating at said system and prevents communication originating on said external data network; and

to receive said acknowledgment from said central communication station, said system initiates communication with said external data network so that

said firewall allows said communication, said initiated communication including a query to said external data network for said acknowledgment to be communicated from said central communication station to said system.

80. The security system of claim 79 wherein said query to said external network comprises a query to said central communication station.

81. The security system of claim 77 wherein said alternate channel is said telephone line.

82. The security system of claim 50 wherein:

said system transmits security data signals to a central communication station via a plurality of channels; and

when said acknowledgment arrives from a first one of said plurality of channels, said system terminates transmission of said security data on each other one of said plurality of channels.

83. The security system of claim 82 wherein:

one of said plurality of channels normally operates faster than others said plurality of channels; and

said system begins transmission of said security data signals on said one of said plurality of channels before beginning transmission of said security data signals on said others of said plurality of channels.

84. The security system of claim 50 wherein said system accepts commands from a user via said external data network.

85. The security system of claim 84 further comprising a firewall between said user control interface and said external data network; wherein:

said firewall allows only communication originating at said system and prevents communication originating on said external data network; and

to receive said commands from said user, said system initiates communication with said external data network so that said firewall allows said communication, said initiated communication including a query to said external data network for commands issued by said user to be communicated from said external data network to said system.

86. The security system of claim 50 wherein said system sends security data signals to predetermined recipients via said external data network.

87. The security system of claim 50 comprising more than one of said user control interface, each said user control interface functioning as an independent terminal of said external data network.

88. The security system of claim 50 further comprising a firewall between said user control interface and said external data network; wherein:

said firewall allows only communication originating at said system and prevents communication originating on said external data network; and

to receive data, said system initiates communication with said external data network so that said firewall allows said communication, said initiated communication including a query to said external data

network for data sought to be communicated from said external data network to said system.

89. A security system for monitoring user premises, said system comprising:

at least one sensor;

at least one alarm output device;

at least one user control interface; and

a system controller connected to said sensor, said output device and said user control interface; wherein:

at least one of said at least one user control interface is connected to an external data network for at least one of (a) sending, and (b) receiving, data.

90. The security system of claim 89 wherein said data comprise electronic mail.

91. The security system of claim 89 wherein said at least one user control interface:

is used by a user to enter commands affecting a state of said system, said system, when said state indicates that said system is active; and

monitors said at least one sensor and outputs an alarm on said alarm output device when said at least one sensor indicates that an alarm condition exists.

92. The security system of claim 91 wherein:

said data comprise electronic mail; and

access to said electronic mail is restricted based on said state of said system.

93. The security system of claim 92 wherein said electronic mail is accessible when said state is

consistent with presence of an authorized user on said premises.

94. The security system of claim 93 having a plurality of authorized users, and having an authorization unit for uniquely identifying each of at least one of said authorized users, wherein:

a particular authorized user initiates said state consistent with presence of an authorized user by activating said authorization unit using an indicium unique to said particular authorized user; and

said user control interface presents for access at said user control interface only electronic mail addressed to said particular authorized user.

95. The security system of claim 94 wherein:

said user control interface comprises a keypad;

said indicium comprises a respective passcode unique to each said at least one authorized user; and

said activating of said authorization unit comprises entry of said passcode at said keypad.

96. The security system of claim 94 wherein:

said user control interface comprises a receiver;

said indicium comprises a respective transmitter uniquely coded to each of said at least one authorized user; and

said activating of said authorization unit comprises activation of said coded transmitter in communication range of said receiver.

97. The security system of claim 96 wherein said receiver and said coded transmitter are wireless.

98. The security system of claim 94 wherein:

said user control interface comprises a token reader;

said indicium comprises a token uniquely coded to each of said at least one authorized user; and

said activating of said authorization unit comprises presentation of said coded token to said reader.

99. The security system of claim 93 having a plurality of authorized users, and having an authorization unit for uniquely identifying each of at least one of said authorized users, wherein:

a particular authorized user initiates said state consistent with presence of an authorized user by activating said authorization unit using an indicium unique to said particular authorized user; and

said user control interface presents access at said user control interface to electronic mail message sending from said particular authorized user.

100. The security system of claim 99 wherein:

said user control interface comprises a keypad;

said indicium comprises a respective passcode unique to each of said at least one authorized user; and

said activation of said authorization unit indicium comprises entry of said passcode at said keypad.

101. The security system of claim 99 wherein:

said user control interface comprises a receiver;

said indicium comprises a respective transmitter uniquely coded to each of said at least one authorized user; and

said activation of said authorization unit comprises activation of said coded transmitter in communication range of said receiver.

102. The security system of claim 101 wherein said receiver and said coded transmitter are wireless.

103. The security system of claim 99 wherein:

said user control interface comprises a token reader;

said indicium comprises a respective token uniquely coded to each of said at least one authorized user; and

said activation of said authorization unit comprises presentation of said coded token to said reader.

104. The security system of claim 89 wherein:

said data comprise electronic mail;

said system has at least one authorized user, and has an authorization unit for uniquely identifying each of at least one of said authorized users; and

when one of said at least one authorized user enters a security system command at said user control interface by activating said authorization unit using an indicium unique to said one of said at least one authorized user, said user control interface sends an electronic mail message to a predetermined recipient advising of said entry of said command by said user.

105. The security system of claim 104 wherein:

said user control interface comprises a keypad;

said indicium comprises a respective passcode unique to each of said at least one authorized user; and

said activation of said authorization unit comprises entry of said passcode at said keypad.

106. The security system of claim 104 wherein:

said user control interface comprises a receiver;

said indicium comprises a respective transmitter uniquely coded for each of said at least one authorized user; and

said activation of said authorization unit comprises activation of said coded transmitter in communication range of said receiver.

107. The security system of claim 106 wherein said receiver and said coded transmitter are wireless.

108. The security system of claim 104 wherein:

said user control interface comprises a token reader;

said indicium comprises a token uniquely coded to each of said at least one authorized user; and

said activation of said authorization unit comprises presentation of said coded token to said reader.

109. The security system of claim 89 wherein:

said external data network is the Internet;

said data comprise World Wide Web pages;

said system has at least one authorized user, and has an authorization unit for uniquely identifying each of at least one of said authorized users; and

when one of said at least one authorized user enters a security system command at said user control interface by activating said authorization unit using an indicium unique to said one of said at least one authorized user, said system retrieves a World Wide Web page directed to said one of said at least one authorized user and displays said World Wide Web page at said user control interface.

110. The security system of claim 109 wherein:

said user control interface comprises a keypad;

said indicium comprises a respective passcode unique to each of said at least one authorized user; and

said activation of said authorization unit comprises entry of said passcode at said keypad.

111. The security system of claim 109 wherein:

said user control interface comprises a receiver;

said indicium comprises a respective transmitter uniquely coded for each of said at least one authorized user; and

said activation of said authorization unit comprises activation of said coded transmitter in communication range of said receiver.

112. The security system of claim 111 wherein said receiver and said coded transmitter are wireless.

113. The security system of claim 111 wherein:

said respective transmitter is encoded with multiple codes;

said activation of said authorization unit comprises activation of a selected one of said multiple codes by said one of said at least one authorized user; and

said system retrieves a different World Wide Web page based on which of said multiple codes has been selected.

114. The security system of claim 109 wherein:

said user control interface comprises a token reader;

said indicium comprises a respective token uniquely coded for each of said at least one authorized user; and

said activation of said authorization unit comprises presentation of said coded token to said reader.

115. The security system of claim 89 wherein:

said system has at least one authorized user, and has an authorization unit for uniquely identifying each of at least one of said authorized users;

one of said at least one authorized user activates said authorization unit using an indicium unique to said one of said at least one authorized user;

said external data network is the Internet; and

said activation of said authorization unit logs said one of said at least one authorized user onto the Internet at said user control interface.

116. The security system of claim 89 wherein:

said system has at least one authorized user, and has an authorization unit for uniquely identifying each of at least one of said authorized users;

one of said at least one authorized user enters a security system command at said user control interface by activating said authorization unit using an indicium unique to said one of said at least one authorized user;

said one of said at least one user uses said external data network to access a financial institution to perform a financial transaction;

said indicium is registered with said financial institution as an identifier of said one of said at least one authorized user; and

said indicium is sent to said financial institution as part of said financial transaction.

117. The security system of claim 89 wherein functions of said system are remotely accessible via said external data network.

118. The security system of claim 89 wherein:

said system transmits security data signals to a central communication station via said external data network and an alternate channel and awaits acknowledgment thereof; and

when said acknowledgment arrives from a first one of said external data network and said alternate channel, said system terminates transmission

of said security data on a second one of said external data network and said alternate channel.

119. The security system of claim 118 wherein:

one of said external data network and said alternate channel normally operates faster than another of said external data network and said alternate channel; and

said system begins transmission of said security data signals on said one of said external data network and said alternate channel before beginning transmission of said security data signals on said another of said external data network and said alternate channel.

120. The security system of claim 118 further comprising a firewall between said user control interface and said external data network; wherein:

said firewall allows only communication originating at said system and prevents communication originating on said external data network; and

to receive said acknowledgment from said central communication station, said system initiates communication with said external data network so that said firewall allows said communication, said initiated communication including a query to said external data network for said acknowledgment to be communicated from said central communication station to said system.

121. The security system of claim 120 wherein said query to said external network comprises a query to said central communication station.

122. The security system of claim 118 wherein said alternate channel is said telephone line.

123. The security system of claim 118 wherein:

said system transmits security data signals to a central communication station via a plurality of channels; and

when said acknowledgment arrives from a first one of said plurality of channels, said system terminates transmission of said security data on each other one of said plurality of channels.

124. The security system of claim 123 wherein:

one of said plurality of channels normally operates faster than others of said plurality of channels; and

said system begins transmission of said security data signals on said one of said plurality of channels before beginning transmission of said security data signals on said others of said plurality of channels.

125. The security system of claim 89 wherein said system accepts commands from a user via said external data network.

126. The security system of claim 125 further comprising a firewall between said user control interface and said external data network; wherein:

said firewall allows only communication originating at said system and prevents communication originating on said external data network; and

to receive said commands from said user, said system initiates communication with said external data network so that said firewall allows said communication, said initiated communication including a

query to said external data network for commands issued by said user to be communicated from said external data network to said system.

127. The security system of claim 89 wherein said system sends security data signals to predetermined recipients via said external data network.

128. The security system of claim 89 comprising more than one of said user control interface, each said user control interface functioning as an independent terminal of said external data network.

129. The security system of claim 89 further comprising a firewall between said user control interface and said external data network; wherein:

said firewall allows only communication originating at said system and prevents communication originating on said external data network; and

to receive data, said system initiates communication with said external data network so that said firewall allows said communication, said initiated communication including a query to said external data network for data sought to be communicated from said external data network to said system.

130. A secure communications system comprising:

a first communication station connected to a communication medium;

a central communication station connected to said communication medium; and

at least a second communication station connected to said communication medium; wherein:

all communication between said first communication station and said central communication station is initiated by said first communication station;

communication between said first communication station and said second communication station is established by leaving a message for said first communication station at said central communication station indicating communication is desired between said first communication station and said second communication station; and

when said first communication station initiates communication with said central communcation station, said first communication station receives said message for said first communication station, maintains its initiated communication with said central communication station and instructs said central communication station to relay communications between said first communication station and said second communication station.

131. The secure communications system of claim 130 wherein said message for said first communication station is left by said second communication station.

132. The secure communications system of claim 130 wherein said message for said first communication station is left by said central communication station.

133. The secure communications system of claim 130 wherein:

said first communication station includes a first firewall between said first

communication station and said communication medium; and

said first firewall allows only communication originating at said first station and prevents communication originating on said communication medium.

134. The secure communications system of claim 130 wherein:

said first communication station further comprises a first station encryption processor for encrypting and decrypting communications using a first digital key identified with said first station;

said central communication station further comprises:

a central encryption processor for encrypting and decrypting communications using a digital key, and

key memory for storing said first digital key and associating said stored first digital key with said first communication station;

said first communication station uses said first station encryption processor to encrypt with said first station digital key each communication sent to said central communication station, and to decrypt with said first station digital key each communication received from said central communication station; and

said central communication station uses said central encryption processor to encrypt with said first station digital key each communication sent to said first communication station and to decrypt with said first station digital key each communication received from said first communication station.

135. The secure communications system of claim 134 wherein:

all communication between said second communication station and said central communication station is initiated by said second communication station;

communication between said second communication station and said first communication station is established by leaving a message for said second communication station at said central communication station indicating communication is desired between said second communication station and said first communication station; and

when said second communication station initiates communication with said central communcation station, said second communication station receives said message for said second communication station, maintains its initiated communication with said central communication station and instructs said central communication station to relay communications between said first communication station and said second communication station.

136. The secure communications system of claim 135 wherein said message for said second communication station is left by said first communication station.

137. The secure communications system of claim 135 wherein said message for said second communication station is left by said central communication station.

138. The secure communications system of claim 135 wherein:

said second communication station includes a second firewall between said second

communication station and said communication medium; and

said second firewall allows only communication originating at said second station and prevents communication originating on said communication medium.

139. The secure communications system of claim 135 wherein:

said second communication station further comprises a second station encryption processor for encrypting and decrypting communications using a second digital key identified with said second station;

said key memory of said central communication station further stores said second digital key and associates said stored second digital key with said second communication station;

said second communication station uses said second station encryption processor to encrypt with said second station digital key each communication sent to said central communication station, and to decrypt with said second station digital key each communication received from said central communication station; and

said central communication station uses said central encryption processor to encrypt with said second station digital key each communication sent to said second communication station and to decrypt with said second station digital key each communication received from said second communication station.

140. The secure communications system of claim 139 wherein:

said first communication station is a premises alarm system; and

said second communication station is a central alarm monitoring station.

141. The secure communications system of claim 139 wherein:

said first communication station is a first premises alarm system; and

said second communication station is a second premises alarm system.

142. The secure communications system of claim 139 wherein:

said first communication station is a premises alarm system; and

said second communication station is a remote communications terminal.

143. The secure communications system of claim 130 wherein:

all communication between said second communication station and said central communication station is initiated by said second communication station;

communication between said second communication station and said first communication station is established by leaving a message for said second communication station at said central communication station indicating communication is desired between said second communication station and said first communication station; and

when said second communication station initiates communication with said central communcation station, said second communication station receives said message for said second communication station, maintains its initiated communication with said central communication station and instructs said central

communication station to relay communications between said first communication station and said second communication station.

144. The secure communications system of claim 143 wherein said message for said second communication station is left by said first communication station.

145. The secure communications system of claim 143 wherein said message for said second communication station is left by said central communication station.

146. The secure communications system of claim 143 wherein:

said second communication station includes a second firewall between said second communication station and said communication medium; and

said second firewall allows only communication originating at said second station and prevents communication originating on said communication medium.

147. The secure communications system of claim 143 wherein:

said first communication station is a premises alarm system; and

said second communication station is a central alarm monitoring station.

148. The secure communications system of claim 143 wherein:

said first communication station is a first premises alarm system; and

said second communication station is a second premises alarm system.

149. The secure communications system of claim 143 wherein:

said first communication station is a premises alarm system; and

said second communication station is a remote communications terminal.

150. The secure communications system of claim 130 wherein:

said first communication station is a premises alarm system; and

said second communication station is a central alarm monitoring station.

151. The secure communications system of claim 130 wherein:

said first communication station is a first premises alarm system; and

said second communication station is a second premises alarm system.

152. The secure communications system of claim 130 wherein:

said first communication station is a premises alarm system; and

said second communication station is a remote communications terminal.

153. The secure communications system of claim 130 further comprising:

at said central communication station, at least one service agent unit for communicating

between said first communication station and at least one service on said communications medium; wherein:

at least one of said at least one service requires a secure identifier for access thereto; and

at least one of said at least one service agent unit comprises secure identifier storage, a user at said first communication station registering said user's secure identifier for said at least one of said at least one service; whereby:

when said user accesses said at least one of said at least one service, said user need not transmit said secure identifier over said communication medium, said secure identifier being transmitted securely by said service agent unit from said secure identifier storage.

154. A secure communications system for communicating between first and second communication stations connected to a communications medium; said system comprising:

a central communication station connected to said communication medium and having a secure digital session key generator; wherein:

each of said first and second communication means further comprises a respective encryption processor for encrypting and decrypting communications using a digital key;

all communication with said first communication station is initiated by said first communication station;

all communication with said second communication station is initiated by said second communication station;

communication between said first communication station and said second communication

station is established by generating at said secure digital session key generator a secure digital session key and leaving a respective message at said central communication station for each of said first and second communication stations, each said respective message including said secure digital session key;

when said first communication station initiates communication with said central communcation station, said first communication station receives said message including said secure digital session key;

when said second communication station initiates communication with said central communcation station, said second communication station receives said message including said secure digital session key; and

said first and second communication stations communicate with one another using said secure digital session key and said respective encryption processors.

155. An integrated security and communications method comprising:

providing a security controller having at least one sensory input, at least one alarm output and at least one control signal input/output port;

providing a control interface operatively connected to said at least one control signal input/output port; and

providing a communications unit connected to a communication channel for providing at least one communication function, a first communication port for connection to one of said at least one control signal input/output port of said security controller for providing at least one of said at least one communication function to a user at said control interface, and a second communication port for

connection to a communication device at which said at least one communication function is provided to said user.

156. The method of claim 155 wherein:

said communication channel comprises a telephone line;

said communication device comprises a telephone; and

said at least one communication function comprises telephony.

157. The method of claim 155 wherein:

said communication channel comprises an Internet connection;

said communication device comprises a computer; and

said at least one communication function comprises Internet access.

158. The method of claim 155 further comprising providing at least one function of said control interface at said communication device.

159. A security method for monitoring user premises, said method comprising:

providing at least one sensor;

providing at least one alarm output device;

providing at least one user control interface;

connecting a system controller to said sensor, said output device and said user control interface, said at least one user control interface being used by a user to enter commands affecting a state of a security system;

when said state indicates that said system is active, monitoring said at least one sensor and outputting an alarm on said alarm output device when said at least one sensor indicates that an alarm condition exists; and

connecting a telephone interface unit to said controller and a telephone line for providing voice mail functionality including one or more of message retrieval, message waiting indication, and message header indication; wherein:

said voice mail functionality is accessible at at least one of said at least one user control interface;

access to said voice mail functionality is restricted based on said state of said system, said voice mail functionality being accessible when said state is consistent with presence of an authorized user on said premises;

said system further having a plurality of authorized users, and having an authorization unit at said at least one user control interface for uniquely identifying each of at least one of said authorized users, wherein:

a particular one of said at least one authorized user initiates said state consistent with presence of an authorized user by activating said authorization unit using an indicium unique to said particular authorized user; and

said telephone interface unit presents for access, at said user control interface, only voice mail functions for which said particular authorized user is authorized.

160. The security method of claim 159 further comprising:

providing a keypad at said user control interface; wherein:

said indicium comprises a respective passcode unique to each said at least one authorized user; and

said activating of said authorization unit comprises entering said passcode on said keypad.

161. The security method of claim 159 wherein:

said authorization unit comprises a receiver at said user control interface;

said indicium comprises a respective transmitter uniquely coded to each said at least one authorized user; and

said activating of said authorization unit comprises actuating said transmitter within communication range of said receiver.

162. The security method of claim 161 wherein said receiver and said coded transmitter are wireless.

163. The security method of claim 159 further comprising:

providing a token reader at said user control interface; and

providing as said indicium a respective coded token unique to each said at least one authorized user; wherein:

said activating of said authorization unit comprises presenting said token to said token reader.

164. The security method of claim 159 wherein said voice mail functionality is activated automatically upon entry of said system into said state

consistent with presence of an authorized user on said premises.

165. The security method of claim 159 further comprising remotely controlling, through a remote access unit which a user remotely controls, during a single telephone call session to said system from a remote location, both (a) at least one security system control function, and (b) at least one voice mail function.

166. The security method of claim 159 wherein said voice mail functionality comprises playback of an outgoing message to an incoming caller; said method further comprising:

connecting at least one telephone set to said telephone line; and

providing a call screening function at at least one of (a) said at least one telephone set, and (b) said at least one user control interface, said user control interface including a speaker; wherein:

said call screening function is full-duplex, allowing said incoming caller to speak an announcement that is audible at said speaker during said playback of said outgoing message.

167. The security method of claim 159 further comprising:

connecting at least one telephone set connected to said telephone line; and

providing an aural indication at said at least one telephone set when a voice mail message has been received and is awaiting playback.

168. The security method of claim 159 wherein said user control interface includes a speaker; said method further comprising:

connecting at least one telephone set to said telephone line, said least one telephone set having a ringer;

providing a privacy function whereby said ringer can be deactivated under control of a user; and

providing, as part of said privacy function, a privacy breakthrough function whereby a caller issues a command when said privacy function is active for broadcasting a message on said speaker.

169. The security method of claim 159 wherein said voice mail functionality includes a toll saver feature controlled by said state of said system.

170. The security method of claim 169 wherein said toll saver feature is active only when said state of said system indicates absence of authorized users from said premises.

171. The security method of claim 170 further comprising controlling said toll saver feature at said user control interface.

172. The security method of claim 171 further comprising connecting at least one telephone set to said telephone line; wherein:

said toll saver feature can be controlled by a user at at least one of said at least one telephone set.

173. The security method of claim 159 further comprising:

displaying calling party identification data at said user control interface; and

responsive to said calling party identification data, generating a distinctive ringing signal different from a standard incoming ringing signal based on said calling party identification data.

174. The security method of claim 173 further comprising generating a first number of distinctive ringing signals, each distinctive ringing signal in said first number of distinctive ringing signals identifying at least one preselected calling party from a second number of preselected calling parties.

175. The security method of claim 174 wherein said first number is equal to said second number, whereby each distinctive ringing signal is associated with a unique preselected calling party.

176. The security method of claim 174 wherein said first number is less than said second number, whereby each distinctive ringing signal is associated with a plurality of said preselected calling parties.

177. The security method of claim 174 wherein said generating of distinctive ringing signals comprises interrupting said standard incoming ringing signal in a second number of ways equal to said second number of distinctive ringing signals, to produce said second number of distinctive ringing signals.

178. The security method of claim 173 wherein said generating of distinctive ringing signals comprises interrupting said standard incoming ringing signal to produce said distinctive ringing signal.

179. The security method of claim 159further comprising:

displaying calling party identification data at said user control interface;

storing instructions for paging a user when said calling party identification data identifies one of at least one particular calling party; and

acting on said instructions and placing a call to a user's pager when said calling party identification data identify one of said at least one particular calling party.

180. The security method of claim 159 further comprising:

connecting at least one telephone set to said telephone line through said telephone interface unit;

providing a speaker at at least one of said at least one user control interface;

providing a public address function at said telephone interface whereby, when a user issues a command at said telephone set:

said telephone set is disconnected from said telephone line and connected to said speaker of said at least one of said at least one user control interface.

181. The security method of claim 180 further comprising connecting said telephone set to said speaker of each said at least one of said at least one user control interface.

182. The security method of claim 180 further comprising, on command of said user, connecting said telephone set to said speaker of any one or more of

said at least one of said at least one user control interface.

183. The security method of claim 180 further comprising, when said user issues said command at said telephone set, maintaining said telephone line in an off-hook condition while said public address function is in use.

184. The security method of claim 159 further comprising:

connecting at least one telephone set connected to said telephone line through said telephone interface unit;

providing a microphone at at least one of said at least one user control interface;

providing a room monitor function at said telephone interface unit whereby, when a user issues a command at said telephone set:

said telephone set is disconnected from said telephone line and connected to said microphone of said at least one of said at least one user control interface.

185. The security method of claim 159 further comprising connecting at least one telephone set to said telephone line through said telephone interface unit; wherein:

at least one programmable parameter of said security system is programmable:

(a) at said at least one user control interface;

(b) at said connected telephone set; and

(c) remotely by calling into said system on said telephone line.

186. The security method of claim 185 wherein:

there are a plurality of said programmable parameters; and

only a subset of said plurality of programmable parameters is programmable remotely.

187. The security method of claim 159 further comprising connecting at least one user-controlled processor via a modem to said telephone line through said telephone interface unit; wherein:

at least one programmable parameter of said security system is programmable; and

said telephone interface unit includes a control signal detector for detecting control signals sent from said user-controlled processor through said modem; said method further comprising:

responsive to said control signals from said user-controlled processor, disconnecting said telephone interface unit from said telephone line and placing said system in a user-controlled mode.

188. The security method of claim 187 wherein in said user-controlled mode said user-controlled processor performs any one of:

programming said at least one programmable parameter of said security system;

downloading voice mail messages received as part of said voice mail functionality from said telephone interface unit to said user-controlled processor; and

uploading voice prompts composed at said user-controlled processor to said telephone interface unit.

189. The security method of claim 187 wherein said user-controlled processor comprises a personal computer.

190. The security method of claim 159 wherein:

said telephone line has central office voice mail associated therewith; and

said voice mail functionality comprises indicating a central office voice message waiting.

191. The security method of claim 190 wherein said indicating central office message waiting comprises providing an indication at said user control interface.

192. The security method of claim 191 wherein said providing indication at said user control interface comprises providing visual indication.

193. The security method of claim 191 wherein said providing indication at said user control interface comprises providing aural indication.

194. The security method of claim 190 further comprising connecting at least one telephone set to said telephone line; wherein:

said indicating central office message waiting comprises providing an indication at said telephone set.

195. The security method of claim 194 wherein said providing an indication at said telephone set comprises providing an aural indication.

196. The security method of claim 194 wherein:

said telephone set includes a visual indicator; and

said providing an indication at said telephone set comprises providing a visual indication.

197. The security method of claim 159 wherein said telephone interface unit further comprises a remote access unit through which a user controls at least one security system control function via said telephone line.

198. The security method of claim 197 wherein said user, through said remote access unit, controls said at least one security system function from a telephone at a remote location by calling into said telephone line from said remote location.

199. The security method of claim 197 further comprising:

connecting at least one telephone set to said telephone line; wherein:

said user, through said telephone interface unit, controls said at least one security system function from said telephone set.

200. The security method of claim 159 further comprising:

connecting at least one telephone set connected to said telephone line;

monitoring said telephone line and, when an outgoing telephone call is placed on said at least one telephone set, logging said outgoing telephone call.

201. The security method of claim 200 further comprising:

storing data identifying numbers to which outgoing calls are restricted; and

when an outgoing call is placed on said telephone set to one of said numbers to which outgoing calls are restricted, preventing said outgoing call from being completed.

202. The security method of claim 201 further comprising:

further storing at least one user code; and

when said user code is entered during said outgoing call, allowing said outgoing call to be completed to one of said numbers to which outgoing calls are restricted.

203. The security method of claim 159 further comprising connecting said user control interface to an external data network for at least one of (a) sending, and (b) receiving, data.

204. The security method of claim 203 wherein:

said data comprise electronic mail; and

access to said electronic mail is restricted based on said state of said system.

205. The security method of claim 204 wherein said electronic mail is accessible when said state is consistent with presence of an authorized user on said premises.

206. The security method of claim 205 wherein said system has a plurality of authorized users; said

method further comprising, when a particular authorized user initiates said state consistent with presence of an authorized user by activating said authorization unit:

presenting, for access at said user control interface, only electronic mail addressed to said particular authorized user.

207. The security method of claim 206 further comprising providing a keypad at said user control interface; wherein:

said indicium comprises a passcode unique to said particular authorized user; and

said activation of said authorization unit comprises entry of said passcode at said keypad.

208. The security method of claim 206 wherein:

said authorization unit comprises a receiver; and

said indicium comprises a transmitter coded uniquely to said particular authorized user; said method further comprising:

activating said authorization unit by activating said coded transmitter in communication range of said receiver.

209. The security method of claim 206 wherein:

said authorization unit comprises a token reader; and

said indicium comprises a token coded uniquely to said particular authorized user; said method further comprising

activating said authorization unit by presenting of said coded token to said reader.

210. The security method of claim 205 wherein:

said system has a plurality of authorized users; said method further comprising, when a particular authorized user initiates said state consistent with presence of an authorized user by activating said authorization unit using an indicium unique to said particular authorized user:

presenting access, at said user control interface, to electronic mail message sending from said particular authorized user.

211. The security method of claim 210 further comprising:

providing a keypad at said user control interface; wherein:

said indicium comprises a passcode unique to said particular authorized user; and

said presentation of said indicium comprises entry of said passcode at said keypad.

212. The security method of claim 210 wherein:

said authorization unit comprises a receiver; and

said indicium comprises a transmitter coded uniquely to said particular authorized user; said method further comprising:

activating said authorization unit by activating said coded transmitter in communication range of said receiver.

213. The security method of claim 210 wherein:

said authorization unit comprises a token reader; and

said indicium comprises a token coded uniquely to said particular authorized user; said method further comprising:

activating said authorization unit by presenting said coded token to said reader.

214. The security method of claim 203 wherein:

said data comprise electronic mail; and

said system has at least one authorized user; said method further comprising, when one of said at least one authorized user enters a security system command at said user control interface by activating said authorization unit:

sending an electronic mail message to a predetermined recipient advising of said entry of said command by said one of said at least one authorized user.

215. The security method of claim 214 further comprising:

providing a keypad at said user control interface; wherein:

said indicium comprises a passcode unique to said one of said at least one authorized user; and

said activation of said authorization unit comprises entry of said passcode at said keypad.

216. The security method of claim 214 wherein:

said authorization unit comprises a receiver;

said indicium comprises a transmitter coded uniquely to said one of said at least one authorized user; said method further comprising:

activating said authorization unit by activating said coded transmitter in communication range of said receiver.

217. The security method of claim 214 wherein:

said authorization unit comprises a token reader; and

said indicium comprises a token coded uniquely to said one of said at least one authorized user; said method further comprising:

activating said authorization unit by presenting said coded token to said reader.

218. The security method of claim 203 wherein:

said external data network is the Internet;

said data comprise World Wide Web pages; and

said system has at least one authorized user; said method further comprising, when one of said at least one authorized user enters a security system command at said user control interface by activating said authorization unit:

retrieving a World Wide Web page directed to said one of said at least one authorized user; and

displaying said World Wide Web page at said user control interface.

219. The security method of claim 218 further comprising:

providing a keypad at said user control interface; wherein:

said indicium comprises a passcode unique to said one of said at least one authorized user; and

said activation of said authorization unit comprises entry of said passcode at said keypad.

220. The security method of claim 218 wherein:

said authorization unit comprises a receiver; and

said indicium comprises a transmitter coded uniquely to said one of said at least one authorized user; said method further comprising:

activating of said authorization unit by activating said coded transmitter in communication range of said receiver.

221. The security method of claim 220 wherein:

said transmitter is encoded with multiple codes; and

said activation of said authorization unit comprises activation of a selected one of said multiple codes by said one of said at least one authorized user; said method further comprising:

retrieving a different World Wide Web page based on which of said multiple codes has been selected.

222. The security method of claim 218 wherein:

said authorization unit comprises a token reader; and

said indicium comprises a token coded uniquely to said one of said at least one authorized user; said method further comprising:

activating said authorization unit by presenting said coded token to said reader.

223. The security method of claim 203 wherein:

said system has at least one authorized user;

one of said at least one authorized user enters a security system command at said user control interface by activating said authorization unit; and

said external data network is the Internet; said method further comprising, on activation of said authorization unit by said one of said at least one authorized user:

logging said one of said at least one authorized user onto the Internet at said user control interface.

224. The security method of claim 203 wherein:

said system has at least one authorized user;

one of said at least one authorized user enters a security system command at said user control interface by activating said authorization unit using an indicium unique to said one of said at least one authorized user;

said one of said at least one user uses said external data network to access a financial institution to perform a financial transaction; and

said indicium is registered with said financial institution as an identifier of said one of

said at least one authorized user; said method further comprising:

sending said indicium to said financial institution as part of said financial transaction.

225. The security method of claim 203 further comprising:

transmitting security data signals to a central communication station via said external data network and an alternate channel and awaiting acknowledgment thereof; and

when said acknowledgment arrives from a first one of said external data network and said alternate channel, terminating transmission of said security data on a second one of said external data network and said alternate channel.

226. The security method of claim 225 wherein:

one of said external data network and said alternate channel normally operates faster than another of said external data network and said alternate channel; and

transmitting of said security data signals to said central communication station via said one of said external data network and said alternate channel begins before transmitting of said security data signals to said central communication station via said another of said external data network and said alternate channel.

227. The security method of claim 225 further comprising:

providing a firewall between said user control interface and said external data network, said firewall allowing only communication originating at

said system and prevents communication originating on said external data network; and

to receive said acknowledgment from said central communication station, initiating communication with said external data network so that said firewall allows said communication, said initiated communication including a query to said external data network for said acknowledgment to be communicated from said central communication station to said system.

228. The security method of claim 227 wherein said query to said external network comprises a query to said central communication station.

229. The security method of claim 225 wherein said alternate channel is said telephone line.

230. The security method of claim 203 further comprising:

transmitting security data signals to a central communication station via a plurality of channels; and

when said acknowledgment arrives from a first one of said plurality of channels, terminating transmission of said security data on each other one of said plurality of channels.

231. The security method of claim 230 wherein:

one of said plurality of channels normally operates faster than others of said plurality of channels; and

transmitting of said security data signals to said central communication station via said one of said plurality of channels begins before transmitting of said security data signals to said

central communication station via said others of said plurality of channels.

232. The security method of claim 203 further comprising accepting commands from a user via said external data network.

233. The security method of claim 232 further comprising:

providing a firewall between said user control interface and said external data network, said firewall allowing only communication originating at said system and preventing communication originating on said external data network; and

to receive said commands from said user, initiating communication with said external data network so that said firewall allows said communication, said initiated communication including a query to said external data network for commands issued by said user to be communicated from said external data network to said system.

234. The security method of claim 203 further comprising sending security data signals to predetermined recipients via said external data network.

235. The security method of claim 203 further comprising providing more than one of said user control interface, each said user control interface functioning as an independent terminal of said external data network.

236. The security method of claim 203 further comprising:

providing a firewall between said user control interface and said external data network, said firewall allowing only communication originating at said system and preventing communication originating on said external data network; and

to receive data, initiating communication with said external data network so that said firewall allows said communication, said initiated communication including a query to said external data network for data sought to be communicated from said external data network to said system.

237. A security method for monitoring user premises, said method comprising:

providing at least one sensor;

providing at least one alarm output device;

providing at least one user control interface;

providing a system controller connected to said sensor, said output device and said user control interface; wherein:

at least one of said at least one user control interface is connected to an external data network for at least one of (a) sending, and (b) receiving, data.

238. The security method of claim 237 wherein said data comprise electronic mail.

239. The security method of claim 237 wherein:

said at least one user control interface is used by a user to enter commands affecting a state of said system; said method further comprising:

when said state indicates that said system is active, monitoring said at least one sensor and outputting an alarm on said alarm output device when said at least one sensor indicates that an alarm condition exists.

240. The security method of claim 239 wherein:

said data comprise electronic mail; and

access to said electronic mail is restricted based on said state of said system.

241. The security method of claim 240 wherein said electronic mail is accessible when said state is consistent with presence of an authorized user on said premises.

242. The security method of claim 241 wherein:

there are a plurality of authorized users, said system having an authorization unit for uniquely identifying each of at least one of said authorized users; and

a particular authorized user initiates said state consistent with presence of an authorized user by activating said authorization unit using an indicium unique to said particular authorized user; said method further comprising:

presenting, for access at said user control interface, only electronic mail addressed to said particular authorized user.

243. The security method of claim 242 further comprising:

providing a keypad at said user control interface; wherein:

said indicium comprises a respective passcode unique to each said at least one authorized user; and

said activating of said authorization unit comprises entry of said passcode at said keypad.

244. The security method of claim 242 wherein:

said user control interface comprises a receiver; and

said indicium comprises a respective transmitter uniquely coded to each of said at least one authorized user; said method further comprising:

activating said authorization unit by activating said coded transmitter in communication range of said receiver.

245. The security method of claim 242 wherein:

said user control interface comprises a token reader; and

said indicium comprises a token uniquely coded to each of said at least one authorized user; said method further comprising:

activating said authorization unit by presenting said coded token to said reader.

246. The security method of claim 241 wherein:

said system has a plurality of authorized users, and has an authorization unit for uniquely identifying each of at least one of said authorized users; and

a particular authorized user initiates said state consistent with presence of an authorized user by activating said authorization unit using an

indicium unique to said particular authorized user; said method further comprising:

presenting access at said user control interface to electronic mail message sending from said particular authorized user.

247. The security method of claim 246 further comprising:

providing a keypad at said user control interface; wherein:

said indicium comprises a respective passcode unique to each of said at least one authorized user; and

said activation of said authorization unit indicium comprises entry of said passcode at said keypad.

248. The security method of claim 246 further comprising:

providing a receiver at said user control interface; wherein:

said indicium comprises a respective transmitter uniquely coded to each of said at least one authorized user; and

said activation of said authorization unit comprises activation of said coded transmitter in communication range of said receiver.

249. The security method of claim 246 wherein:

said user control interface comprises a token reader; and

said indicium comprises a respective token uniquely coded to each of said at least one authorized user; said method further comprising:

activating said authorization unit by presenting said coded token to said reader.

250. The security method of claim 237 wherein:

said data comprise electronic mail; and

said system has at least one authorized user, and has an authorization unit for uniquely identifying each of at least one of said authorized users; said method further comprising, when one of said at least one authorized user enters a security system command at said user control interface by activating said authorization unit using an indicium unique to said one of said at least one authorized user:

sending an electronic mail message to a predetermined recipient advising of said entry of said command by said user.

251. The security method of claim 250 further comprising:

providing a keypad at said user control interface; wherein:

said indicium comprises a respective passcode unique to each of said at least one authorized user; and

said activation of said authorization unit comprises entry of said passcode at said keypad.

252. The security method of claim 250 wherein:

said user control interface comprises a receiver; and

said indicium comprises a respective transmitter uniquely coded for each of said at least one authorized user; said method further comprising:

activating said authorization unit by activating said coded transmitter in communication range of said receiver.

253. The security method of claim 250 wherein:

said user control interface comprises a token reader; and

said indicium comprises a token uniquely coded to each of said at least one authorized user; said method further comprising:

activating said authorization unit by presenting said coded token to said reader.

254. The security method of claim 237 wherein:

said external data network is the Internet;

said data comprise World Wide Web pages;

said system has at least one authorized user, and has an authorization unit for uniquely identifying each of at least one of said authorized users; said method further comprising, when one of said at least one authorized user enters a security system command at said user control interface by activating said authorization unit using an indicium unique to said one of said at least one authorized user:

retrieving a World Wide Web page directed to said one of said at least one authorized user and displaying said World Wide Web page at said user control interface.

255. The security method of claim 254 further comprising:

providing a keypad at said user control interface; wherein:

said indicium comprises a respective passcode unique to each of said at least one authorized user; and

said activation of said authorization unit comprises entry of said passcode at said keypad.

256. The security method of claim 254 wherein:

said user control interface comprises a receiver; and

said indicium comprises a respective transmitter uniquely coded for each of said at least one authorized user; said method further comprising:

activating said authorization unit by activating said coded transmitter in communication range of said receiver.

257. The security method of claim 256 wherein:

said respective transmitter is encoded with multiple codes; and

said activation of said authorization unit comprises activation of a selected one of said multiple codes by said one of said at least one authorized user; said method further comprising:

retrieving a different World Wide Web page based on which of said multiple codes has been selected.

258. The security method of claim 254 wherein:

said user control interface comprises a token reader; and

said indicium comprises a respective token uniquely coded for each of said at least one authorized user; said method further comprising:

activating said authorization unit by presenting said coded token to said reader.

259. The security method of claim 237 wherein:

said system has at least one authorized user, and has an authorization unit for uniquely identifying each of at least one of said authorized users;

one of said at least one authorized user activates said authorization unit using an indicium unique to said one of said at least one authorized user; and

said external data network is the Internet; said method further comprising:

on said activation of said authorization unit, logging said one of said at least one authorized user onto the Internet at said user control interface.

260. The security method of claim 237 wherein:

said system has at least one authorized user, and has an authorization unit for uniquely identifying each of at least one of said authorized users;

one of said at least one authorized user enters a security system command at said user control interface by activating said authorization unit using an indicium unique to said one of said at least one authorized user;

said one of said at least one user uses said external data network to access a financial institution to perform a financial transaction; and

said indicium is registered with said financial institution as an identifier of said one of

said at least one authorized user; said method further comprising:

sending said indicium to said financial institution as part of said financial transaction.

261. The security method of claim 237 further comprising:

transmitting security data signals to a central communication station via said external data network and an alternate channel and awaiting acknowledgment thereof; and

when said acknowledgment arrives from a first one of said external data network and said alternate channel, terminating transmission of said security data on a second one of said external data network and said alternate channel.

262. The security method of claim 261 wherein:

one of said external data network and said alternate channel normally operates faster than another of said external data network and said alternate channel; and

transmitting of said security data signals to said central communication station via said one of said external data network and said alternate channel begins before transmitting of said security data signals to said central communication station via said another of said external data network and said alternate channel.

263. The security method of claim 261 wherein:

there is a firewall between said user control interface and said external data network, said firewall allowing only communication originating at

said system and preventing communication originating on said external data network; said method further comprising:

to receive said acknowledgment from said central communication station, initiating communication with said external data network so that said firewall allows said communication, said initiated communication including a query to said external data network for said acknowledgment to be communicated from said central communication station to said system.

264. The security method of claim 263 wherein said query to said external network comprises a query to said central communication station.

265. The security method of claim 261 wherein said alternate channel is said telephone line.

266. The security method of claim 237 further comprising:

transmitting security data signals to a central communication station via a plurality of channels; and

when said acknowledgment arrives from a first one of said plurality of channels, terminating transmission of said security data on each other one of said plurality of channels.

267. The security method of claim 266 wherein:

one of said plurality of channels normally operates faster than others of said plurality of channels; and

transmitting of said security data signals to said central communication station via said one of said plurality of channels begins before

transmitting of said security data signals to said central communication station via said others of said plurality of channels.

268. The security method of claim 237 further comprising accepting commands from a user via said external data network.

269. The security method of claim 268 wherein:

there is a firewall between said user control interface and said external data network, said firewall allowing only communication originating at said system and preventing communication originating on said external data network; said method further comprising:

to receive said commands from said user, initiating communication with said external data network so that said firewall allows said communication, said initiated communication including a query to said external data network for commands issued by said user to be communicated from said external data network to said system.

270. The security method of claim 237 further comprising sending security data signals to predetermined recipients via said external data network.

271. The security method of claim 237 wherein:

there is a firewall between said user control interface and said external data network, said firewall allowing only communication originating at said system and preventing communication originating on

said external data network; said method further comprising:

to receive data, initiating communication with said external data network so that said firewall allows said communication, said initiated communication including a query to said external data network for data sought to be communicated from said external data network to said system.

272. A secure communications method for communicating between first and second communication stations connected to a communications medium; said method comprising:

providing a central communication station connected to said communication medium;

initiating all communication between said first communication station and said central communication station at said first communication station;

establishing communication between said first communication station and said second communication station by leaving a message for said first communication station at said central communication station indicating communication is desired between said first communication station and said second communication station; and

when said first communication station initiates communication with said central communcation station, said first communication station receiving said message for said first communication station, maintaining its initiated communication with said central communication station and instructing said central communication station to relay communications between said first communication station and said second communication station.

273. The secure communications method of claim 272 further comprising said second communication station leaving said message for said first communication station.

274. The secure communications method of claim 272 further comprising said central communication station leaving said message for said first communication station.

275. The secure communications method of claim 272 wherein said first communication station includes a first firewall between said first communication station and said communication medium, said first firewall allowing only communication originating at said first station and preventing communication originating on said communication medium.

276. The secure communications method of claim 272 further comprising:

at said central communication station and said first communication station, storing a first digital key and associating said stored first digital key with said first communication station;

at said first communication station, encrypting each communication sent to said central communication station, and decrypting each communication received from said central communication station, using said first digital key identified with said first communication station; and

at said central communication station, encrypting with said first station digital key each communication sent to said first communication station and decrypting with said first station digital key each communication received from said first communication station.

277. The secure communications method of claim 276 further comprising:

initiating all communication between said second communication station and said central communication station at said second communication station;

establishing communication between said second communication station and said first communication station by leaving a message for said second communication station at said central communication station indicating communication is desired between said second communication station and said first communication station; and

when said second communication station initiates communication with said central communcation station, said second communication station receiving said message for said second communication station, maintaining its initiated communication with said central communication station and instructing said central communication station to relay communications between said second communication station and said first communication station.

278. The secure communications method of claim 277 further comprising said first communication station leaving said message for said second communication station.

279. The secure communications method of claim 277 further comprising said central communication station leaving said message for said second communication station.

280. The secure communications method of claim 277 wherein said second communication station

includes a second firewall between said second communication station and said communication medium, said second firewall allowing only communication originating at said second station and preventing communication originating on said communication medium.

281. The secure communications method of claim 277 wherein:

at said central communication station and said second communication station, storing a second digital key and associating said stored second digital key with said second communication station;

at said second communication station, encrypting each communication sent to said central communication station, and decrypting each communication received from said central communication station, using said second digital key identified with said second communication station; and

at said central communication station, encrypting with said second station digital key each communication sent to said second communication station and decrypting with said second station digital key each communication received from said second communication station.

282. The secure communications method of claim 272 further comprising:

initiating all communication between said second communication station and said central communication station at said second communication station;

establishing communication between said second communication station and said first communication station by leaving a message for said second communication station at said central communication station indicating communication is

desired between said second communication station and said first communication station; and

when said second communication station initiates communication with said central communcation station, said second communication station receiving said message for said second communication station, maintaining its initiated communication with said central communication station and instructing said central communication station to relay communications between said second communication station and said first communication station.

283. The secure communications method of claim 282 further comprising said first communication station leaving said message for said second communication station.

284. The secure communications method of claim 282 further comprising said central communication station leaving said message for said second communication station.

285. The secure communication method of claim 282 wherein said second communication station includes a second firewall between said second communication station and said communication medium, said second firewall allowing only communication originating at said second station and preventing communication originating on said communication medium.

286. The secure communications method of claim 272 further comprising:

at said central communication station, providing at least one service agent unit for communicating between said first communication station

and at least one service on said communications medium; wherein:

at least one of said at least one service requires a secure identifier for access thereto; said method further comprising:

providing secure storage at at least one of said at least one service agent unit, and storing in said secure storage a secure identifier for said at least one of said at least one service registered at said secure storage by a user at said first communication station; whereby:

when said user accesses said at least one of said at least one service, said user need not transmit said secure identifier over said communication medium, said secure identifier being transmitted securely by said service agent unit from said secure identifier storage.

287. A secure communications method for communicating between first and second communication stations connected to a communications medium; said method comprising:

providing a central communication station connected to said communication medium and having a secure digital session key generator;

providing at each of said first and second communication means a respective encryption processor for encrypting and decrypting communications using a digital key;

initiating all communication with said first communication station at said first communication station;

initiating all communication with said second communication station at said second communication station;

establishing communication between said first communication station and said second communication station by generating at said secure digital session key generator a secure digital session key and leaving a respective message at said central communication station for each of said first and second communication stations, each said respective message including said secure digital session key;

when said first communication station initiates communication with said central communcation station, said first communication station receiving said message including said secure digital session key;

when said second communication station initiates communication with said central communcation station, said second communication station receiving said message including said secure digital session key; and

said first and second communication stations communicating with one another using said secure digital session key and said respective encryption processors.

288. An integrated security and communications system comprising:

a security controller means having at least one means for accepting sensory input, at least one means for outputting an alarm and at least one means for inputting/outputting a control signal;

a control interface means operatively connected to said at least one means for inputting/outputting a control signal; and

means for communicating connected to a communication channel for providing at least one communication function, a first communication port for connection to one of said at least one means of said security controller for inputting/outputting a control

signal for providing at least one of said at least one communication function to a user at said control interface means, and a second communication port for connection to a communication device at which said at least one communication function is provided to said user.

289. The system of claim 288 wherein:

said communication channel comprises a telephone line; and

said communication device comprises a telephone.

290. The system of claim 289 wherein said at least one communication function comprises telephony.

291. The system of claim 288 wherein:

said communication channel comprises an Internet connection;

said means for communicating comprises means for computing; and

said at least one communication function comprises Internet access.

292. The system of claim 288 wherein said means for communicating provides at least one function of said control interface at said communication device.

293. A security system for monitoring user premises, said system comprising:

at least one means for sensing;

at least one means for outputting an alarm;

at least one user control interface means;

a system controller means connected to said means for sensing, said means for outputting an alarm and said user control interface means, said at least one user control interface means being used by a user to enter commands affecting a state of said system, said system, when said state indicates that said system is active, monitoring said at least one means for sensing and outputting an alarm on said means for outputting an alarm when said at least one means for sensing indicates that an alarm condition exists; and

a telephone interface means connected to said controller means and a telephone line for providing voice mail functionality including one or more of message retrieval, message waiting indication, and message header indication; wherein:

said voice mail functionality is accessible at at least one of said at least one user control interface means;

access to said voice mail functionality is restricted based on said state of said system, said voice mail functionality being accessible when said state is consistent with presence of an authorized user on said premises;

said system further having a plurality of authorized users, and having a means for authorizing at said at least one user control interface means for uniquely identifying each of at least one of said authorized users, wherein:

a particular one of said at least one authorized user initiates said state consistent with presence of an authorized user by activating said means for authorizing using an indicium unique to said particular authorized user; and

said telephone interface means presents for access, at said user control interface means, only

voice mail functions for which said particular authorized user is authorized.

294. The security system of claim 293 wherein:

said means for authorizing comprises keypad means at said user control interface means;

said indicium comprises a respective passcode unique to each said at least one authorized user; and

said activating of said means for authorizing comprises entering said passcode on said keypad means.

295. The security system of claim 293 wherein:

said means for authorizing comprises means for receiving at said user control interface means;

said indicium comprises a respective means for transmitting uniquely coded to each said at least one authorized user; and

said activating of said means for authorizing comprises actuating said means for transmitting within communication range of said means for receiving.

296. The security system of claim 295 wherein said means for receiving and said coded means for transmitting are wireless.

297. The security system of claim 293 wherein:

said means for authorizing comprises means for reading a token at said user control interface means;

said indicium comprises a respective coded token unique to each said at least one authorized user; and

said activating of said means for authorizing comprises presenting said token to said token reading means.

298. The security system of claim 293 wherein said voice mail functionality is activated automatically upon entry of said system into said state consistent with presence of an authorized user on said premises.

299. The security system of claim 293 wherein said telephone interface means further comprises means for remote access through which a user remotely controls, during a single telephone call session to said system from a remote location, both (a) at least one security system control function, and (b) at least one voice mail function.

300. The security system of claim 293 further comprising at least one telephone set connected to said telephone line; wherein:

said voice mail functionality comprises playback of an outgoing message to an incoming caller;

said telephone interface means further provides a call screening function at at least one of (a) said at least one telephone set, and (b) said at least one user control interface means, said user control interface means including speaker means; and

said call screening function is full-duplex, allowing said incoming caller to speak an announcement that is audible at said speaker means during said playback of said outgoing message.

301. The security system of claim 293 further comprising at least one telephone set connected to said telephone line; wherein:

said telephone interface means further provides an aural indication at said at least one telephone set when a voice mail message has been received and is awaiting playback.

302. The security system of claim 293 further comprising at least one telephone set connected to said telephone line, said least one telephone set having means for ringing; wherein:

said user control interface means includes speaker means; and

said telephone interface means further provides:

a privacy function whereby said means for ringing can be deactivated under control of a user, and

as part of said privacy function, a privacy breakthrough function whereby a caller issues a command when said privacy function is active for broadcasting a message on said speaker means.

303. The security system of claim 293 wherein said voice mail functionality includes a toll saver feature controlled by said state of said system.

304. The security system of claim 303 wherein said toll saver feature is active only when said state of said system indicates absence of authorized users from said premises.

305. The security system of claim 304 wherein said toll saver feature can further be controlled by a user at said user control interface means.

306. The security system of claim 305 further comprising at least one telephone set connected to said telephone line; wherein:

said toll saver feature can be controlled by a user at at least one of said at least one telephone set.

307. The security system of claim 293 wherein said telephone interface means further comprises:

means for displaying calling party identification data, said calling party identification data being displayed at said user control interface means; and

means responsive to said calling party identification data for generating a distinctive ringing signal, different from a standard incoming ringing signal, based on said calling party identification data.

308. The security system of claim 307 wherein said means for generating a distinctive ringing signal generates a first number of distinctive ringing signals, each distinctive ringing signal in said first number of distinctive ringing signals identifying at least one preselected calling party from a second number of preselected calling parties.

309. The security system of claim 308 wherein said first number is equal to said second number, whereby each distinctive ringing signal is associated with a unique preselected calling party.

310. The security system of claim 308 wherein said first number is less than said second number,

whereby each distinctive ringing signal is associated with a plurality of said preselected calling parties.

311. The security system of claim 308 wherein said means for generating distinctive ringing signals comprises means for interrupting said standard incoming ringing signal in a second number of ways equal to said second number of distinctive ringing signals, to produce said second number of distinctive ringing signals.

312. The security system of claim 307 wherein said means for generating distinctive ringing signals comprises means for interrupting said standard incoming ringing signal to produce said distinctive ringing signal.

313. The security system of claim 293 wherein said telephone interface means further comprises:

means for displaying calling party identification data at said user control interface;

means for storing instructions for paging a user when said calling party identification data identifies one of at least one particular calling party; and

processor means for acting on said instructions and placing a call to a user's pager when said calling party identification data identify one of said at least one particular calling party.

314. The security system of claim 293 further comprising at least one telephone set connected to said telephone line through said telephone interface means; wherein:

at least one of said at least one user control interface means comprises speaker means;

said telephone interface means further comprises a public address function; whereby, when a user issues a command at said telephone set:

said telephone set is disconnected from said telephone line and connected to said speaker means of said at least one of said at least one user control interface means.

315. The security system of claim 314 wherein said telephone set is connected to said speaker means of each said at least one of said at least one user control interface means.

316. The security system of claim 314 wherein, on command of said user, said telephone set is connected to said speaker means of any one or more of said at least one of said at least one user control interface means.

317. The security system of claim 314 wherein, when said user issues said command at said telephone set, said telephone interface means maintains said telephone line in an off-hook condition while said public address function is in use.

318. The security system of claim 293 further comprising at least one telephone set connected to said telephone line through said telephone interface means; wherein:

at least one of said at least one user control interface means comprises a microphone;

said telephone interface means further comprises a room monitor function; whereby, when a user issues a command at said telephone set:

said telephone set is disconnected from said telephone line and connected to said microphone of

said at least one of said at least one user control interface means.

319. The security system of claim 293 further comprising at least one telephone set connected to said telephone line through said telephone interface means; wherein:

at least one programmable parameter of said security system is programmable:

(a) at said at least one user control interface means;

(b) at said connected telephone set; and

(c) remotely by calling into said system on said telephone line.

320. The security system of claim 319 wherein:

there are a plurality of said programmable parameters; and

only a subset of said plurality of programmable parameters is programmable remotely.

321. The security system of claim 293 further comprising at least one user-controlled processor means connected via modem means to said telephone line through said telephone interface means; wherein:

at least one programmable parameter of said security system is programmable;

said telephone interface means includes means for detecting control signals sent from said user-controlled processor means through said modem means; whereby:

responsive to said control signals from said user-controlled processor means, said telephone interface means disconnects from said telephone line and enters a user-controlled mode.

322. The security system of claim 321 wherein in said user-controlled mode said user-controlled processor means performs any one of:

programming said at least one programmable parameter of said security system;

downloading voice mail messages received as part of said voice mail functionality from said telephone interface means to said user-controlled processor means; and

uploading voice prompts composed at said user-controlled processor means to said telephone interface means.

323. The security system of claim 321 wherein said user-controlled processor means comprises a personal computer.

324. The security system of claim 293 wherein:

said telephone line has central office voice mail associated therewith; and

said voice mail functionality comprises indicating a central office voice message waiting.

325. The security system of claim 324 wherein said indicating central office message waiting comprises providing an indication at said user control interface.

326. The security system of claim 325 wherein said indication at said user control interface is visual.

327. The security system of claim 325 wherein said indication at said user control interface is aural.

328. The security system of claim 324 further comprising at least one telephone set connected to said telephone line; wherein:

said indicating central office message waiting comprises providing an indication at said telephone set.

329. The security system of claim 328 wherein said indication at said telephone set is aural.

330. The security system of claim 328 wherein:

said telephone set includes means for indicating visually; and

said indication at said telephone set is visual.

331. The security system of claim 293 wherein said telephone interface means further comprises means for remote access through which a user controls at least one security system control function via said telephone line.

332. The security system of claim 331 wherein said user, through said means for remote access, controls said at least one security system function from a telephone at a remote location by calling into said telephone line from said remote location.

333. The security system of claim 331 further comprising at least one telephone set connected to said telephone line; wherein:

said user, through said telephone interface means, controls said at least one security system function from said telephone set.

334. The security system of claim 293 further comprising at least one telephone set connected to said telephone line; wherein:

said telephone interface means monitors said telephone line and, when an outgoing telephone call is placed on said at least one telephone set, logs said outgoing telephone call.

335. The security system of claim 334 wherein:

said telephone interface means comprises means for storing data identifying numbers to which outgoing calls are restricted; and

when an outgoing call is placed on said telephone set to one of said numbers to which outgoing calls are restricted, said telephone interface means prevents said outgoing call from being completed.

336. The security system of claim 335 wherein:

said means for storing further stores at least one user code; and

when said user code is entered during said outgoing call, said telephone interface means allows said outgoing call to be completed to one of said numbers to which outgoing calls are restricted.

337. The security system of claim 293 wherein said user control interface is connected to an external data network for at least one of (a) sending, and (b) receiving, data.

338. The security system of claim 337 wherein:

said data comprise electronic mail; and

access to said electronic mail is restricted based on said state of said system.

339. The security system of claim 338 wherein said electronic mail is accessible when said state is consistent with presence of an authorized user on said premises.

340. The security system of claim 339 having a plurality of authorized users, wherein:

when a particular authorized user initiates said state consistent with presence of an authorized user by activating said means for authorizing, said user control interface means presents, for access at said user control interface means, only electronic mail addressed to said particular authorized user.

341. The security system of claim 340 wherein:

said means for authorizing comprises keypad means at said user control interface means;

said indicium comprises a passcode unique to said particular authorized user; and

said activation of said means for authorizing comprises entry of said passcode at said keypad means.

342. The security system of claim 340 wherein:

said means for authorizing comprises means for receiving;

said indicium comprises means for transmitting coded uniquely to said particular authorized user; and

said activation of said means for authorizing comprises activation of said coded means for transmitting in communication range of said means for receiving.

343. The security system of claim 342 wherein said means for receiving and said coded means for transmitting are wireless.

344. The security system of claim 340 wherein:

said means for authorizing comprises means for reading a token;

said indicium comprises a token coded uniquely to said particular authorized user; and

said activation of said means for authorizing unit comprises presentation of said coded token to said token reading means.

345. The security system of claim 339 having a plurality of authorized users, wherein:

when a particular authorized user initiates said state consistent with presence of an authorized user by activating said means for authorizing using an indicium unique to said particular authorized user, said user control interface means presents access, at said user control interface means, to electronic mail message sending from said particular authorized user.

346. The security system of claim 345 wherein:

said means for authorizing comprises keypad means at said user control interface means;

said indicium comprises a passcode unique to said particular authorized user; and

said presentation of said indicium comprises entry of said passcode at said keypad means.

347. The security system of claim 345 wherein:

said means for authorizing comprises means for receiving;

said indicium comprises means for transmitting coded uniquely to said particular authorized user; and

said activation of said means for authorizing comprises activation of said coded means for transmitting in communication range of said means for receiving.

348. The security system of claim 347 wherein said means for receiving and said coded means for transmitting are wireless.

349. The security system of claim 345 wherein:

said means for authorizing comprises means for reading a token;

said indicium comprises a token coded uniquely to said particular authorized user; and

said activation of said means for authorizing comprises presentation of said coded token to said means for reading.

350. The security system of claim 337 wherein:

said data comprise electronic mail;

said system has at least one authorized user; and

when one of said at least one authorized user enters a security system command at said user control interface by activating said means for authorizing, said user control interface means sends an electronic mail message to a predetermined recipient advising of said entry of said command by said one of said at least one authorized user.

351. The security system of claim 350 wherein:

said means for authorizing comprises keypad means at said user control interface means;

said indicium comprises a passcode unique to said one of said at least one authorized user; and

said activation of said means for authorizing comprises entry of said passcode at said keypad means.

352. The security system of claim 350 wherein:

said means for authorizing comprises means for receiving;

said indicium comprises means for transmitting coded uniquely to said one of said at least one authorized user; and

said activation of said means for authorizing comprises activation of said coded means for transmitting in communication range of said means for receiving.

353. The security system of claim 352 wherein said means for receiving and said coded means for transmitting are wireless.

354. The security system of claim 350 wherein:

said means for authorizing comprises means for reading a token;

said indicium comprises a token coded uniquely to said one of said at least one authorized user; and

said activation of said means for authorizing comprises presentation of said coded token to said means for reading.

355. The security system of claim 337 wherein:

said external data network is the Internet;

said data comprise World Wide Web pages;

said system has at least one authorized user; and

when one of said at least one authorized user enters a security system command at said user control interface means by activating said means for authorizing, said system retrieves a World Wide Web page directed to said one of said at least one authorized user and displays said World Wide Web page at said user control interface means.

356. The security system of claim 355 wherein:

said means for authorizing comprises keypad means;

said indicium comprises a passcode unique to said one of said at least one authorized user; and

said activation of said means for authorizing comprises entry of said passcode at said keypad means.

357. The security system of claim 355 wherein:

said means for authorizing comprises means for receiving;

said indicium comprises means for transmitting coded uniquely to said one of said at least one authorized user; and

said activation of said means for authorizing comprises activation of said coded means for transmitting in communication range of said means for receiving.

358. The security system of claim 357 wherein said means for receiving and said coded means for transmitting are wireless.

359. The security system of claim 357 wherein:

said means for transmitting is encoded with multiple codes;

said activation of said means for authorizing comprises activation of a selected one of said multiple codes by said one of said at least one authorized user; and

said system retrieves a different World Wide Web page based on which of said multiple codes has been selected.

360. The security system of claim 355 wherein:

said means for authorizing comprises means for reading a token;

said indicium comprises a token coded uniquely to said one of said at least one authorized user; and

said activation of said means for authorizing comprises presentation of said coded token to said means for reading.

361. The security system of claim 337 wherein:

said system has at least one authorized user;

one of said at least one authorized user enters a security system command at said user control interface means by activating said means for authorizing;

said external data network is the Internet; and

said activation of said means for authorizing logs said one of said at least one authorized user onto the Internet at said user control interface means.

362. The security system of claim 337 wherein:

said system has at least one authorized user;

one of said at least one authorized user enters a security system command at said user control interface means by activating said means for authorizing using an indicium unique to said one of said at least one authorized user;

said one of said at least one authorized user uses said external data network to access a financial institution to perform a financial transaction;

said indicium is registered with said financial institution as an identifier of said one of said at least one authorized user; and

said indicium is sent to said financial institution as part of said financial transaction.

363. The security system of claim 337 wherein functions of said system are remotely accessible via said external data network.

364. The security system of claim 337 wherein:

said system transmits security data signals to a central communication station via said external data network and an alternate channel and awaits acknowledgment thereof; and

when said acknowledgment arrives from a first one of said external data network and said alternate channel, said system terminates transmission of said security data on a second one of said external data network and said alternate channel.

365. The security system of claim 364 wherein:

one of said external data network and said alternate channel normally operates faster than another of said external data network and said alternate channel; and

said system begins transmission of said security data signals on said one of said external data network and said alternate channel before beginning transmission of said security data signals on said another of said external data network and said alternate channel.

366. The security system of claim 364 further comprising firewall means between said user control interface means and said external data network; wherein:

said firewall means allows only communication originating at said system and prevents communication originating on said external data network; and

to receive said acknowledgment from said central communication station, said system initiates communication with said external data network so that said firewall means allows said communication, said initiated communication including a query to said external data network for said acknowledgment to be communicated from said central communication station to said system.

367. The security system of claim 366 wherein said query to said external network comprises a query to said central communication station.

368. The security system of claim 364 wherein said alternate channel is said telephone line.

369. The security system of claim 337 wherein:

said system transmits security data signals to a central communication station via a plurality of channels; and

when said acknowledgment arrives from a first one of said plurality of channels, said system terminates transmission of said security data on each other one of said plurality of channels.

370. The security system of claim 369 wherein:

one of said plurality of channels normally operates faster than others of said plurality of channels; and

said system begins transmission of said security data signals on said one of said plurality of channels before beginning transmission of said security data signals on said others of said plurality of channels.

371. The security system of claim 337 wherein said system accepts commands from a user via said external data network.

372. The security system of claim 371 further comprising firewall means between said user control interface and said external data network; wherein:

said firewall means allows only communication originating at said system and prevents communication originating on said external data network; and

to receive said commands from said user, said system initiates communication with said external data network so that said firewall means allows said communication, said initiated communication including a query to said external data network for commands issued by said user to be communicated from said external data network to said system.

373. The security system of claim 337 wherein said system sends security data signals to predetermined recipients via said external data network.

374. The security system of claim 337 comprising more than one of said user control interface means, each said user control interface means

functioning as an independent terminal of said external data network.

375. The security system of claim 337 further comprising firewall means between said user control interface means and said external data network; wherein:

said firewall means allows only communication originating at said system and prevents communication originating on said external data network; and

to receive data, said system initiates communication with said external data network so that said firewall means allows said communication, said initiated communication including a query to said external data network for data sought to be communicated from said external data network to said system.

376. A security system for monitoring user premises, said system comprising:

at least one means for sensing;

at least one means for outputting an alarm;

at least one user control interface means; and

a system controller means connected to said means for sensing, said means for outputting an alarm and said user control interface means; wherein:

at least one of said at least one user control interface means is connected to an external data network for at least one of (a) sending, and (b) receiving, data.

377. The security system of claim 376 wherein said data comprise electronic mail.

378. The security system of claim 376 wherein:

said at least one user control interface means is used by a user to enter commands affecting a state of said system; and

said system, when said state indicates that said system is active, monitors said at least one means for sensing and outputs an alarm on said means for outputting an alarm when said at least one means for sensing indicates that an alarm condition exists.

379. The security system of claim 378 wherein:

said data comprise electronic mail; and

access to said electronic mail is restricted based on said state of said system.

380. The security system of claim 379 wherein said electronic mail is accessible when said state is consistent with presence of an authorized user on said premises.

381. The security system of claim 380 having a plurality of authorized users, and having means for authorizing for uniquely identifying each of at least one of said authorized users, wherein:

a particular authorized user initiates said state consistent with presence of an authorized user by activating said authorization unit using an indicium unique to said particular authorized user; and

said user control interface means presents for access at said user control interface means only electronic mail addressed to said particular authorized user.

382. The security system of claim 381 wherein:

said user control interface means comprises keypad means;

said indicium comprises a respective passcode unique to each said at least one authorized user; and

said activating of said means for authorizing comprises entry of said passcode at said keypad means.

383. The security system of claim 381 wherein:

said user control interface means comprises means for receiving;

said indicium comprises a respective means for transmitting uniquely coded to each of said at least one authorized user; and

said activating of said means for authorizing comprises activation of said coded means for transmitting in communication range of said means for receiving.

384. The security system of claim 383 wherein said means for receiving and said coded means for transmitting are wireless.

385. The security system of claim 381 wherein:

said user control interface means comprises means for reading a token;

said indicium comprises a token uniquely coded to each of said at least one authorized user; and

said activating of said means for authorizing comprises presentation of said coded token to said means for reading.

386. The security system of claim 380 having a plurality of authorized users, and having a means for authorizing for uniquely identifying each of at least one of said authorized users, wherein:

a particular authorized user initiates said state consistent with presence of an authorized user by activating said means for authorizing using an indicium unique to said particular authorized user; and

said user control interface means presents access at said user control interface means to electronic mail message sending from said particular authorized user.

387. The security system of claim 386 wherein:

said user control interface means comprises keypad means;

said indicium comprises a respective passcode unique to each of said at least one authorized user; and

said activation of said means for authorizing indicium comprises entry of said passcode at said keypad means.

388. The security system of claim 386 wherein:

said user control interface means comprises means for receiving;

said indicium comprises a respective means for transmitting uniquely coded to each of said at least one authorized user; and

said activation of said means for authorizing unit comprises activation of said coded means for transmitting in communication range of said means for receiving.

389. The security system of claim 388 wherein said means for receiving and said coded means for transmitting are wireless.

390. The security system of claim 99 wherein:

said user control interface means comprises means for reading a token;

said indicium comprises a respective token uniquely coded to each of said at least one authorized user; and

said activation of said means for authorizing comprises presentation of said coded token to said means for reading.

391. The security system of claim 376 wherein:

said data comprise electronic mail;

said system has at least one authorized user, and has a means for authorizing for uniquely identifying each of at least one of said authorized users; and

when one of said at least one authorized user enters a security system command at said user control interface means by activating said means for authorizing using an indicium unique to said one of said at least one authorized user, said user control interface sends an electronic mail message to a predetermined recipient advising of said entry of said command by said user.

392. The security system of claim 391 wherein:

said user control interface means comprises keypad means;

said indicium comprises a respective passcode unique to each of said at least one authorized user; and

said activation of said means for authorizing comprises entry of said passcode at said keypad means.

393. The security system of claim 391 wherein:

said user control interface means comprises a means for receiving;

said indicium comprises a respective means for transmitting uniquely coded for each of said at least one authorized user; and

said activation of said means for authorizing comprises activation of said coded means for transmitting in communication range of said means for receiving.

394. The security system of claim 393 wherein said means for receiving and said coded means for transmitting are wireless.

395. The security system of claim 391 wherein:

said user control interface means comprises means for reading a token;

said indicium comprises a token uniquely coded to each of said at least one authorized user; and

said activation of said means for authorizing comprises presentation of said coded token to said means for reading.

396. The security system of claim 376 wherein:

said external data network is the Internet;

said data comprise World Wide Web pages;

said system has at least one authorized user, and has a means for authorizing for uniquely identifying each of at least one of said authorized users; and

when one of said at least one authorized user enters a security system command at said user control interface means by activating said means for authorizing using an indicium unique to said one of said at least one authorized user, said system retrieves a World Wide Web page directed to said one of said at least one authorized user and displays said World Wide Web page at said user control interface.

397. The security system of claim 396 wherein:

said user control interface means comprises keypad means;

said indicium comprises a respective passcode unique to each of said at least one authorized user; and

said activation of said means for authorizing comprises entry of said passcode at said keypad means.

398. The security system of claim 396 wherein:

said user control interface means comprises means for receiving;

said indicium comprises a respective means for transmitting uniquely coded for each of said at least one authorized user; and

said activation of said means for authorizing comprises activation of said coded means

for transmitting in communication range of said means for receiving.

399. The security system of claim 398 wherein said means for receiving and said coded means for transmitting are wireless.

400. The security system of claim 398 wherein:

said respective means for transmitting is encoded with multiple codes;

said activation of said means for authorizing comprises activation of a selected one of said multiple codes by said one of said at least one authorized user; and

said system retrieves a different World Wide Web page based on which of said multiple codes has been selected.

401. The security system of claim 396 wherein:

said user control interface means comprises means for reading a token;

said indicium comprises a respective token uniquely coded for each of said at least one authorized user; and

said activation of said means for authorizing comprises presentation of said coded token to said means for reading.

402. The security system of claim 376 wherein:

said system has at least one authorized user, and has a means for authorizing for uniquely identifying each of at least one of said authorized users;

one of said at least one authorized user activates said means for authorizing using an indicium unique to said one of said at least one authorized user;

said external data network is the Internet; and

said activation of said means for authorizing logs said one of said at least one authorized user onto the Internet at said user control interface means.

403. The security system of claim 376 wherein:

said system has at least one authorized user, and has a means for authorizing for uniquely identifying each of at least one of said authorized users;

one of said at least one authorized user enters a security system command at said user control interface means by activating said means for authorizing using an indicium unique to said one of said at least one authorized user;

said one of said at least one user uses said external data network to access a financial institution to perform a financial transaction;

said indicium is registered with said financial institution as an identifier of said one of said at least one authorized user; and

said indicium is sent to said financial institution as part of said financial transaction.

404. The security system of claim 376 wherein functions of said system are remotely accessible via said external data network.

405. The security system of claim 376 wherein:

said system transmits security data signals to a central communication station via said external data network and an alternate channel and awaits acknowledgment thereof; and

when said acknowledgment arrives from a first one of said external data network and said alternate channel, said system terminates transmission of said security data on a second one of said external data network and said alternate channel.

406. The security system of claim 405 wherein:

one of said external data network and said alternate channel normally operates faster than another of said external data network and said alternate channel; and

said system begins transmission of said security data signals on said one of said external data network and said alternate channel before beginning transmission of said security data signals on said another of said external data network and said alternate channel.

407. The security system of claim 405 further comprising firewall means between said user control interface means and said external data network; wherein:

said firewall means allows only communication originating at said system and prevents communication originating on said external data network; and

to receive said acknowledgment from said central communication station, said system initiates communication with said external data network so that

said firewall means allows said communication, said initiated communication including a query to said external data network for said acknowledgment to be communicated from said central communication station to said system.

408. The security system of claim 407 wherein said query to said external network comprises a query to said central communication station.

409. The security system of claim 405 wherein said alternate channel is said telephone line.

410. The security system of claim 376 wherein:

said system transmits security data signals to a central communication station via a plurality of channels; and

when said acknowledgment arrives from a first one of said plurality of channels, said system terminates transmission of said security data on each other one of said plurality of channels.

411. The security system of claim 410 wherein:

one of said plurality of channels normally operates faster than others of said plurality of channels; and

said system begins transmission of said security data signals on said one of said plurality of channels before beginning transmission of said security data signals on said others of said plurality of channels.

412. The security system of claim 376 wherein said system accepts commands from a user via said external data network.

413. The security system of claim 412 further comprising firewall means between said user control interface means and said external data network; wherein:

said firewall means allows only communication originating at said system and prevents communication originating on said external data network; and

to receive said commands from said user, said system initiates communication with said external data network so that said firewall means allows said communication, said initiated communication including a query to said external data network for commands issued by said user to be communicated from said external data network to said system.

414. The security system of claim 376 wherein said system sends security data signals to predetermined recipients via said external data network.

415. The security system of claim 376 comprising more than one of said user control interface means, each said user control interface means functioning as an independent terminal of said external data network.

416. The security system of claim 376 further comprising firewall means between said user control interface means and said external data network; wherein:

said firewall means allows only communication originating at said system and prevents communication originating on said external data network; and

to receive data, said system initiates communication with said external data network so that said firewall means allows said communication, said initiated communication including a query to said external data network for data sought to be communicated from said external data network to said system.

417. A secure communications system comprising:

first communication means connected to a communication medium;

central communication means connected to said communication medium; and

at least second communication means connected to said communication medium; wherein:

all communication between said first communication means and said central communication means is initiated by said first communication means;

communication between said first communication means and said second communication means is established by leaving a message for said first communication means at said central communication means indicating communication is desired between said first communication means and said second communication means; and

when said first communication means initiates communication with said central communication means, said first communication means receives said message for said first communication means, maintains its initiated communication with said central communication means and instructs said central

communication means to relay communications between said first communication means and said second communication means.

418. The secure communications system of claim 417 wherein said message for said first communication means is left by said second communication means.

419. The secure communications system of claim 417 wherein said message for said first communication means is left by said second communication means.

420. The secure communications system of claim 417 wherein:

said first communication means includes a first firewall between said first communication means and said communication medium; and

said first firewall allows only communication originating at said first communication means and prevents communication originating on said communication medium.

421. The secure communications system of claim 417 wherein:

said first communication means further comprises first encryption means for encrypting and decrypting communications using a first digital key identified with said first communication means;

said central communication means further comprises:

central encryption means for encrypting and decrypting communications using a digital key, and

key memory for storing said first digital key and associating said stored first digital key with said first communication means;

said first communication means uses said first encryption means to encrypt with said first digital key each communication sent to said central communication means, and to decrypt with said first digital key each communication received from said central communication means; and

said central communication means uses said central encryption means to encrypt with said first digital key each communication sent to said first communication station and to decrypt with said first station digital key each communication received from said first communication station.

422. The secure communications system of claim 421 wherein:

all communication between said second communication means and said central communication means is initiated by said second communication means;

communication between said second communication means and said first communication means is established by leaving a message for said second communication means at said central communication means indicating communication is desired between said second communication means and said first communication means; and

when said second communication means initiates communication with said central communcation means, said second communication means receives said message for said second communication means, maintains its initiated communication with said central communication means and instructs said central communication means to relay communications between

said first communication means and said second communication means.

423. The secure communications system of claim 422 wherein said message for said second communication means is left by said first communication means.

424. The secure communications system of claim 422 wherein said message for said second communication means is left by said central communication means.

425. The secure communications system of claim 422 wherein:

said second communication means includes a second firewall between said second communication means and said communication medium; and

said second firewall allows only communication originating at said second communication means and prevents communication originating on said communication medium.

426. The secure communications system of claim 422 wherein:

said second communication means further comprises a second encryption means for encrypting and decrypting communications using a second digital key identified with said second communication means;

said key memory of said central communication means further stores said second digital key and associates said stored second digital key with said second communication means;

said second communication means uses said second encryption means to encrypt with said second digital key each communication sent to said

central communication means, and to decrypt with said second digital key each communication received from said central communication means; and

said central communication means uses said central encryption means to encrypt with said second digital key each communication sent to said second communication means and to decrypt with said second digital key each communication received from said second communication means.

427. The secure communications system of claim 426 wherein:

said first communication means is a premises alarm system; and

said second communication means is a central alarm monitoring station.

428. The secure communications system of claim 426 wherein:

said first communication means is a first premises alarm system; and

said second communication means is a second premises alarm system.

429. The secure communications system of claim 426 wherein:

said first communication means is a premises alarm system; and

said second communication means is a remote communications terminal.

430. The secure communications system of claim 417 wherein:

all communication between said second communication means and said central communication means is initiated by said second communication means;

communication between said second communication means and said first communication means is established by leaving a message for said second communication means at said central communication means indicating communication is desired between said second communication means and said first communication means; and

when said second communication means initiates communication with said central communcation means, said second communication means receives said message for said second communication means, maintains its initiated communication with said central communication means and instructs said central communication means to relay communications between said first communication means and said second communication means.

431. The secure communications system of claim 430 wherein said message for said second communication means is left by said first communication means.

432. The secure communications system of claim 430 wherein said message for said second communication means is left by said central communication means.

433. The secure communications system of claim 430 wherein:

said second communication means includes a second firewall between said second communication means and said communication medium; and

said second firewall allows only communication originating at said second communication means and prevents communication originating on said communication medium.

434. The secure communications system of claim 430 wherein:

said first communication means is a premises alarm system; and

said second communication means is a central alarm monitoring station.

435. The secure communications system of claim 430 wherein:

said first communication means is a first premises alarm system; and

said second communication means is a second premises alarm system.

436. The secure communications system of claim 430 wherein:

said first communication means is a premises alarm system; and

said second communication means is a remote communications terminal.

437. The secure communications system of claim 417 wherein:

said first communication means is a premises alarm system; and

said second communication means is a central alarm monitoring station.

438. The secure communications system of claim 417 wherein:

said first communication means is a first premises alarm system; and

said second communication means is a second premises alarm system.

439. The secure communications system of claim 417 wherein:

said first communication means is a premises alarm system; and

said second communication means is a remote communications terminal.

440. The secure communications system of claim 417 further comprising:

at said central communication means, at least one service agent means for communicating between said first communication means and at least one service on said communications medium; wherein:

at least one of said at least one service requires a secure identifier for access thereto; and

at least one of said at least one service agent measn comprises means for securely storing an identifier, a user at said first communication means registering said user's secure identifier for said at least one of said at least one service; whereby:

when said user accesses said at least one of said at least one service, said user need not transmit said secure identifier over said communication medium, said secure identifier being transmitted securely by said service agent means from said secure identifier storage means.

441. A secure communications system for communicating between first and second communication means connected to a communications medium; said system comprising:

a central communication means connected to said communication medium and having a secure digital session key generating means; wherein:

each of said first and second communication means further comprises a respective encryption means for encrypting and decrypting communications using a digital key;

all communication with said first communication means is initiated by said first communication means;

all communication with said second communication station is initiated by said second communication means;

communication between said first communication means and said second communication means is established by generating at said secure digital session key generating means a secure digital session key and leaving a respective message at said central communication means for each of said first and second communication means, each said respective message including said secure digital session key;

when said first communication means initiates communication with said central communication means, said first communication means receives said message including said secure digital session key;

when said second communication means initiates communication with said central communcation means, said second communication means receives said message including said secure digital session key; and

said first and second communication means communicate with one another using said secure digital session key and said respective encryption means.